

### CLAIMS

1. Chair having a seat and a backrest, a structure supporting the seat, and a base, characterized in that said support structure has two lateral uprights and at least one projecting element provided with a substantially longitudinal guide, in that said backrest is associated with two right-angle elements, each of said right-angle elements having a first end connected to said backrest, a central part connected rotatably by means of a first hinging pin to a top end of one of said uprights of said structure supporting the seat and a second end connected to said seat by means of a second hinging pin, said seat being connected to said support structure also by means of a telescopic rod which can be shortened and lengthened in a resilient manner, and an element slidably engaged in said guide of said projecting element so that a backwards rotation of said backrest about the first hinging pins causes forwards sliding of said seat and vice versa.
2. Chair according to Claim 1, characterized in that the first hinging pins of said right-angle elements are situated above said seat.
3. Chair according to Claim 2, characterized in that said first hinging pins of said right-angle elements are positioned such that the imaginary axis which connects them coincides substantially with the imaginary axis which connects the two hips of the user.
4. Chair according to any one of the preceding Claims 1 to 3, characterized in that said first hinging pins are situated at about 60-100 mm above the plane of the seat.
5. Chair according to any one of the preceding Claims 1 to 4, characterized in that said guide is parallel to a surface on which said chair is placed.
6. Chair according to any one of the preceding Claims 1 to 4, characterized in that said guide is slightly inclined with respect to

surface on which said chair is placed.

7. Chair according to Claim 6, characterized in that said seat is raised upwards through 3-7°.
8. Chair according to Claim 7, characterized in that said seat is raised upwards through 5°.
9. Chair according to Claim 6, characterized in that said backrest is inclined backwards through 20-30°.
10. Chair according to one or more of Claims 6 to 9, characterized in that the ratio between the angles of inclination of the seat and the backrest ranges from 1:10 to 1:5.
11. Chair according to Claim 10, characterized in that the ratio between the angles of inclination of the seat and the backrest is about 1:6.